



Service User and Carer Involvement Communication

No. 15 Recovery Colleges

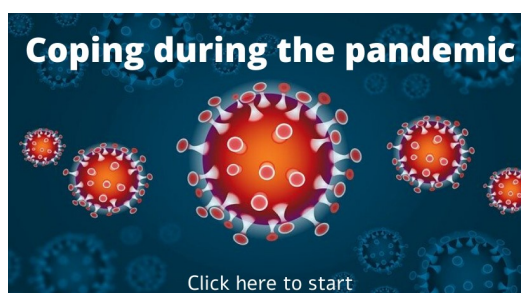
26/06/2020

As with many services, organisations and businesses, due to COVID-19, 'lockdown' and the restrictions in place, the region's Recovery Colleges have understandably yet sadly had to close their doors to students.

In spite of this, all have managed to still provide a service to their students, have found creative ways of still being able to deliver courses, and have embraced social media where possible to stay connected and provide support to students.

This update shares just some of the amazing work our regions Recovery Colleges have been doing throughout this pandemic and how they have adapted and changed throughout COVID-19.

Recovery College Online



The Recovery College Online provides a range of free online courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested. There is also a specific 'coping during the pandemic' course which has been created to

provide information about current guidance, links to the most up to date advice, as well as exploring how you might be feeling, what you can do to support your mental health at this time, and how best to manage a period of isolation and support other people you know, including children and young people. To access the courses, visit:

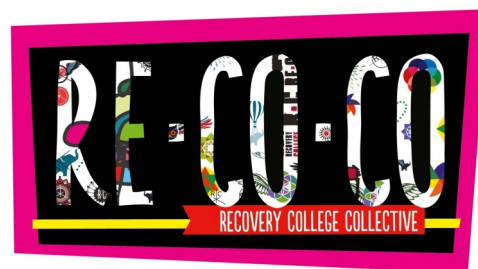
www.recoverycollegeonline.co.uk



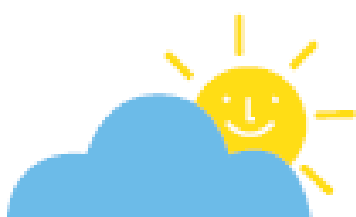
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Recovery College Collective

Throughout lockdown ReCoCo has maintained an online presence, posting content and news on their website, Facebook page and Twitter as well as running weekly activities via Zoom and publishing regular video updates. As well as working to support students and service users with their well-being throughout this pandemic, ReCoCo have also developed a one day well-being package for front line health and social care staff.



1 Day Respite



Co-created and delivered with healthcare professionals, and with access to the beautiful outdoors/nature space that is Saltwell Park; the respite day aims to envelope the front line health and social care staff with ReCoCo's wellbeing expertise, providing attendees with the opportunity and safe space to talk to each other about what they've experienced and the emotional rollercoaster rides they have endured. So far ReCoCo have run two respite days, both of which were well attended with positive feedback!

No 1, Carliol Square

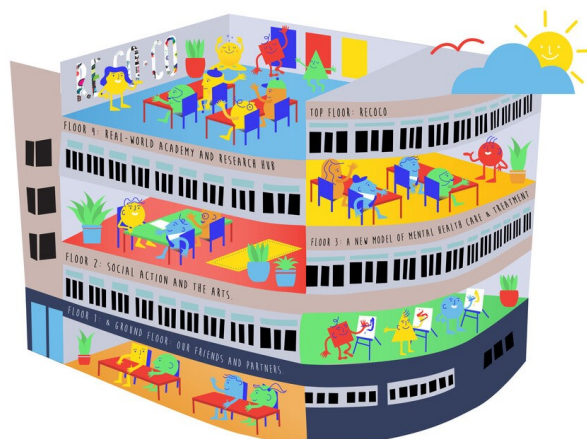
ReCoCo recently published their Vision document, painting a picture of where things currently stand for ReCoCo, the ongoing difficulties our communities are facing and are likely to continue to face, and how ReCoCo hopes to respond.

Part of the document focusses specifically on ReCoCo's new building, 1 Carliol Square, and how they intend to use the space to provide courses, groups, support and a safe space for all who visit, as well as plenty of space for partner organisations and friends.

You can read the full document by clicking [here](#) or visiting:

www.recoverycoco.com/carliol

ReCoCo are also offering people an opportunity to get involved with their vision by making suggestions, comments or asking any questions which can be done via a feedback form at the above link.



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Sunderland Recovery College



Sunderland Recovery College staff, volunteers, students and Peer Supporters have all worked together to support the college throughout COVID-19, adapting classroom based courses so that they can be delivered and shared online, or hosting live streams for mindfulness and spirituality.

Sunderland Recovery College Online

Sunderland Recovery College has managed to stay connected with students by delivering courses and groups via its Facebook page. This has included live mindfulness sessions, choir groups, interviews with guest speakers and prayer groups. Additionally the college has shared numerous activities to try at home as well as content such as recovery stories, poetry and self-care advice. For more information visit the Facebook page at:

www.facebook.com/sunderlandrecoverycollege



New Recovery College website launch



During lockdown, Sagara (Peer Supporter) has worked to develop and publish a new website for Sunderland Recovery College. You can visit the new site by clicking [here](https://www.sunderlandrecoverycollege.com) or visiting:

www.sunderlandrecoverycollege.com

“In March, as the pandemic hit, I found myself at home following the advice for those with underlying medical conditions to shield. I decided to put my energy into creating an online resource. First I began to design a new website for Sunderland Recovery College. I simplified it greatly, made it largely image based, and added further developments such as a Resource section which will form a valuable resource going forward for anyone with mental health problems and the ability to get online.”

- Sagara



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Kind Mind Community

South Tyneside Recovery College, Kind Mind Community, have been offering ongoing telephone support to students throughout COVID-19 as well as providing information, updates, advice and activities for students to engage in via their Facebook group.



Theme of the week



Via their Facebook page, Kind Mind community have been sharing content based on daily themes; Motivation Monday, Tasty Tuesday, Work Out Wednesday, Throwback Thursday, Feel Good Friday, Social Saturday and Self Care Sunday.

Students have been engaging with the college through these posts, sharing what they have been doing throughout 'lockdown' to maintain their well-being, sharing pictures of things they have been baking, inspirational quotes that are meaningful to them among with many other things.

“We understand that staying at home, changes to our usual routine and limiting our interactions with others is very difficult and we want to help make things a little easier. You can help too.

We would love for you to post your inspirational stories, tips on how to keep boredom at bay and share pics of what you're up to and how you're coping.”

For more information and to see the work Kind Mind Community have been doing, click [here](#) or search 'kind Mind Community' on Facebook.

Looking ahead

As with many other Recovery Colleges and organisations, Kind Mind Community had to adapt and develop an online presence to continue to support students throughout lockdown, and while the college looks forward to the day when it can open it's doors again to students, Kind Mind Community intends to continue it's weekly themes and posts on it's Facebook page throughout lockdown as well as after and continue supporting students where it can.



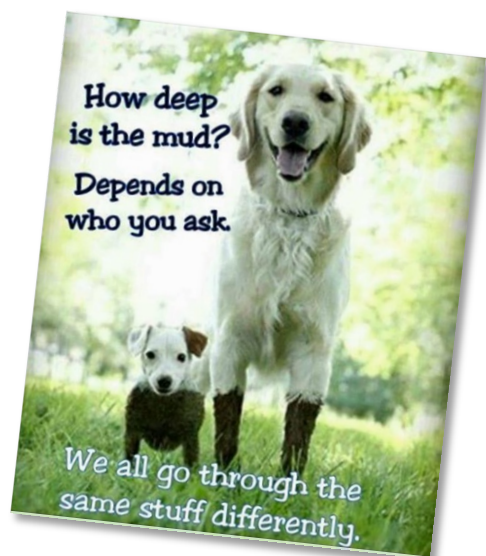
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NT Life Recovery College



North Tyneside Recovery College, NT Life, have been providing support to students via telephone, zoom groups, as well as regularly sharing content, news updates, advice and activities via their Facebook page.

NT Life Online



Throughout lockdown NT Life have been hosting various zoom groups for students of the Recovery College. Groups have included catch up and a cuppa, art group, creative writing, book club as well as drop in sessions.

Additionally, NT life have used their Facebook page to share motivational messages with students, useful information and advice, activities to keep people busy as well as pictures to put smiles on people's faces.

For more information click [here](#) or visit:

www.facebook.com/NTLifeRecoveryCollege

www.voda.org.uk/north-tyneside-recovery-college

Little Box of Hope

During lockdown, NT Life were able to produce and deliver 200 boxes of hope to support those who access the college. The boxes contained information on exercise, support numbers, a tea bag and a kit-kat to encourage people to take a break, positive affirmations for people to read, scented candles, and stress balls and much, much more.

"We now have 200 people registered with the college. What we're wanting to do is reach out and make sure that they still feel

You can read more about the project as well as seeing a short video on putting the boxes of hope together and some of the people and businesses involved by clicking [here](#).



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During the COVID 19 pandemic the Recovery College staff were deployed across our secure service to support the ward teams. At Northgate the Recovery College supported a number of ward based projects and provided numerous resources to encourage meaningful activity and promote wellbeing during this difficult time. We held a number of very popular events via skype including Bingo and a skype singalong, as well as facilitating site wide celebrations for VE day and running poetry and art competitions.



We Provided a shop service to our patients on site to enable purchasing of essential items such as toiletries and have also been working closely with the wards to continue with Talk 1st Initiatives – we are currently involved in “Around the world” where our service users choose a destination around the world where they would like to visit. Each month we research the chosen place, cook food from that place and to burn off the extra calories consumed – we have set up a walking challenge to walk the miles from Morpeth to the chosen destination within that month.

Service users have been working together with our staff to help us move back into our newly refurbished hub at the Gees Centre. Our service users have also helped to select all of the colour schemes, furnishings and decoration and we are currently working on some art work and colourful and informative displays for our college. We plan to continue to work together with our service users by providing meaningful activity to promote hope, recovery and wellbeing. Our prospectus for the summer was complete some time ago and our service users have been enrolled. Due to the current COVID restrictions we are working differently, however we plan to start our new courses within small ward based groups from Monday 6th July as well as offering a social and recreational service for our service users in line with government and trust guidelines. We also continue to support our service users to keep in contact with their families and carers virtually and continue to keep in touch across our service with any updates with regards to involvement.

At the Bamburgh Clinic spoke of our college our peer supporter Danny Cain continues to support the staff and patients. He has attended community meetings and mutual help meetings. A coffee and natter group was also introduced for patients and staff to have a cuppa together and a chat. Danny has also co-facilitated a three week addiction course which was well attended by patients, as well as creative wellness sessions once per week. The creative sessions includes soap making, model building, card making and more recently calligraphy. Danny will be co-facilitating WRAP awareness sessions with a patient who has kindly volunteered – working together to ensure inclusion and coproduction throughout! These sessions are for both patients and staff. Several patients have already asked for Danny’s support in completing their WRAP plans – Danny commented that this was great to see and has developed a great rapport with the patients.



Online Support

CNTW, in partnership with Newcastle University, have developed the Northern Mental Health Support website which provides support, advice, resources and online information for everyone facing the challenge of social isolation as a result of COVID -19 (Coronavirus). The website contains advice on how to maintain your mental health, exercise, socialising (at a distance), dealing with financial problems as well as a section specifically on resources in the CNTW Trust footprint in the North East and Cumbria. For more information visit:

www.northernmentalhealth.org

Chaplaincy

Despite the current crisis, Chaplains continue to be available for patients and carers. Chaplains are available for a telephone or Skype chat as a listening ear or a place to ask difficult questions. If people request it, they will also offer prayer.

You can contact Chaplaincy by emailing chaplaincy@ntw.nhs.uk or by leaving a voicemail on the main chaplaincy phone - 0191 246 7282.

Communication

CNTW have added a new section to the Trust website setting out further information and advice relating to Coronavirus (COVID-19). The page will be frequently updated as the situation with COVID-19 continues to develop. For more information visit:

www.cntw.nhs.uk/coronavirus

Our trust communications department want to hear from you and to share your positive stories in this difficult time. If you've got a good story about how CNTW are responding to COVID-19, please share it using [#NHSCovidHeroes](https://twitter.com/NHSCovidHeroes) and tag us - we're Twitter, Instagram, Facebook and LinkedIn too!



@CNTWNHS



@CNTW.NHS



/CNTWNHS

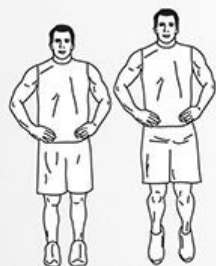


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cardio

repeat 3 times
rest between sets
up to 2 minutes
© neilarey.com

hill workout



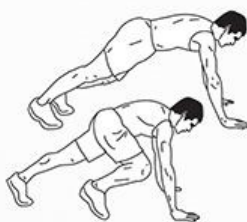
1

5 jumps
on the spot



2

10 star
jumps



3

10 mountain
climbers



4

20 star
jumps



5

20 mountain
climbers

www.nhs.uk

NHS

choices



Weekly Word Search

Movies with One Word Titles

C	A	C	T	W	I	S	T	E	R	C	G	E	U
C	T	T	D	M	S	M	P	K	T	E	C	A	L
C	O	E	Z	T	B	W	I	L	T	P	M	S	B
H	S	H	I	T	T	L	N	S	O	C	A	A	S
I	E	E	I	W	L	I	O	O	L	S	T	A	N
C	Z	N	I	G	C	L	C	W	G	A	I	V	I
A	I	N	B	N	E	W	C	N	L	L	A	L	L
G	S	L	O	O	I	K	H	L	U	L	D	T	M
O	I	W	I	N	O	N	I	C	E	E	A	A	E
S	B	G	E	L	A	Z	O	W	S	F	R	R	R
S	M	M	C	Z	D	L	P	O	P	D	E	C	G
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I	B	A	G	A	I	I	W	M	E	O	W	I	Z
L	T	S	C	L	E	R	K	S	D	G	L	D	W

SPEED
 CLERKS
 AVATAR
 CHICAGO
 MULAN
 MATILDA
 PINOCCHIO
 GREMLINS
 TWINS
 GODZILLA
 BLOW
 TWISTER
 TARZAN
 GOODFELLAS
 BAMBI

The **WordSearch**
 Find more online at:
thewordsearch.com

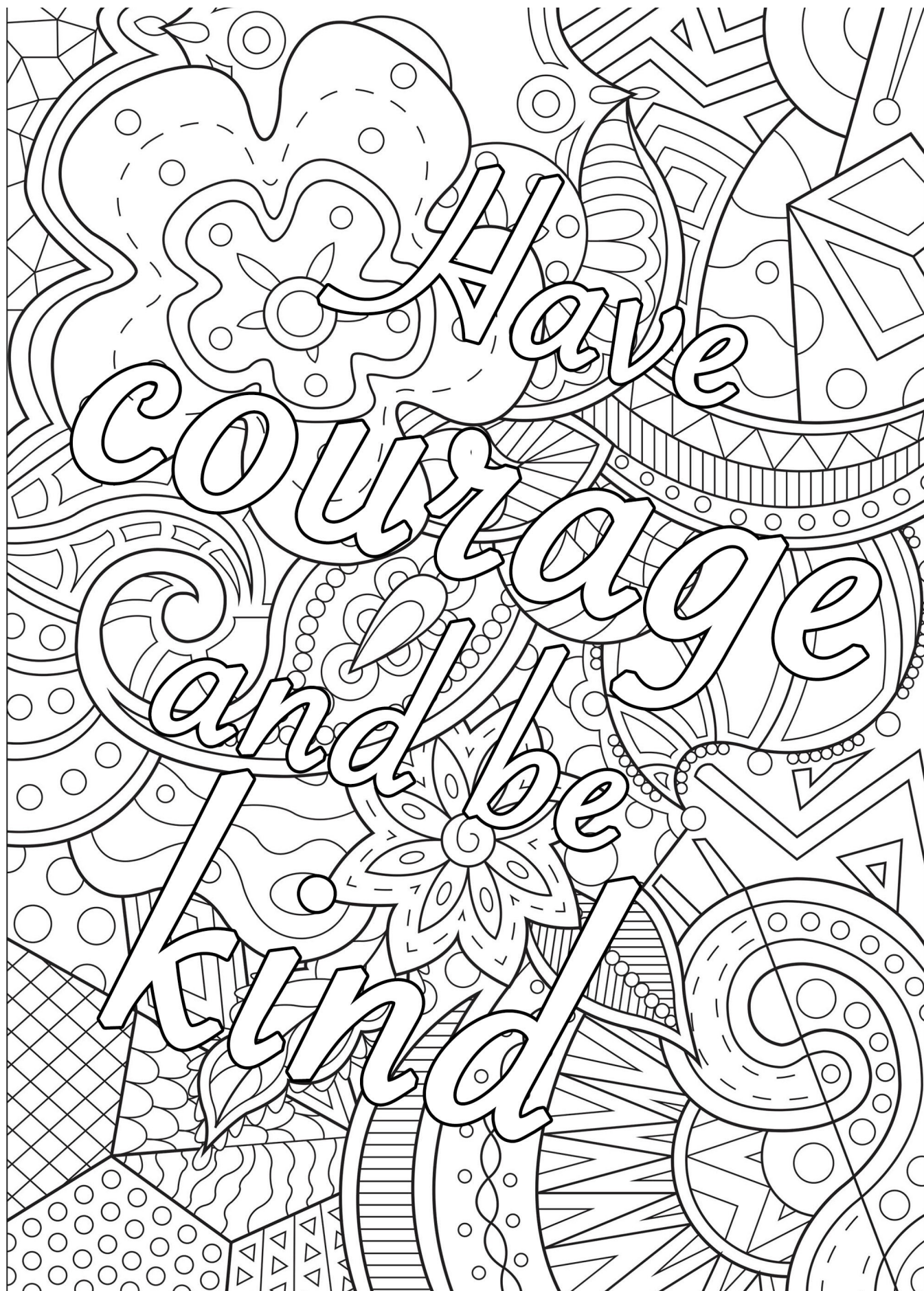
Quick Quiz

(answers at the end)

1. It was apparently dangerous for some-one on this trans-European train.
2. What was the name of the world's first supersonic passenger jet?
3. This locomotive is still the fastest steam engine in the world.
4. What was the name of Charles Darwin's vessel during his famous survey?
5. Which two British aircraft were immortalised by the Battle of Britain?
6. What is the name of the first steam turbine powered ship which is now displayed in Newcastle's Discovery Museum?
7. What colour is James in 'Thomas the Tank Engine'?
8. What was the name of Nelson's flagship at the Battle of Trafalgar?
9. This express railway service first ran in 1862 and still runs daily from Edinburgh to London bearing the same name.
10. Which WW2 fighter bomber was nicknamed 'The Wooden Wonder'?



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Layered Rainbow Salad



Serves: 4 **Prep:** 25 **Cook:** 12 mins

Ingredients:

- 350g pasta shapes
- 200g green beans, trimmed and chopped into short lengths
- 160g can tuna in olive oil, drained
- 4 tbsp. mayonnaise
- 4 tbsp. natural yoghurt
- 1/2 small pack chives, snipped (optional)
- 200g cherry tomatoes, quartered
- 1 orange pepper, cut into small cubes
- 195g can sweetcorn, drained

1. Cook the pasta until it is still a little 'al dente' (2 mins less than the pack instructions) and drain well. Cook the green beans in simmering water for 2 mins, then rinse in cold water and drain well. Mix the tuna with the mayonnaise and yoghurt. Add the chives if using.
2. Tip the pasta into a large glass bowl or four small ones, or four wide-necked jars (useful for taking on picnics). Spoon the tuna dressing over the top of the pasta. Add a layer of green beans, followed by a layer of cherry tomatoes, then the pepper and sweetcorn. Cover and chill until you're ready to eat.

Quiz Answers

- | | | |
|-------------------|---------------------------|--------------------|
| 1. Orient Express | 5. Spitfire and Hurricane | 9. Flying Scotsman |
| 2. Concorde | 6. Turbinia | 10. Mosquito |
| 3. Mallard | 7. Red | |
| 4. HMS Beagle | 8. Victory | |



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